



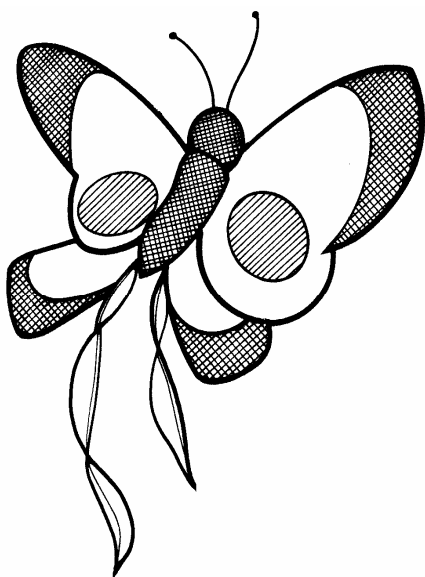
The City of San Diego Park and Recreation Department
"We Enrich Lives Through Quality Parks and Programs"



Golden Hill Recreation Center

2600 Golf Course Drive • San Diego • CA. 92102 • Phone: (619) 235-1138 • www.sandiego.gov

Spring/ Summer Program 2006

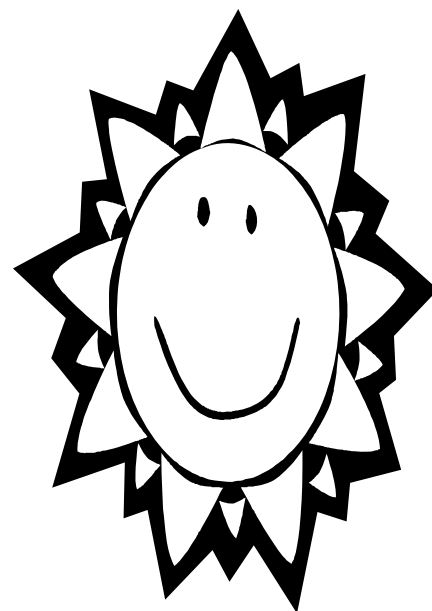


Hours of Operation:

Monday	2:00 p.m. to 9:00 p.m.
Tuesday	1:00 p.m. to 9:00 p.m.
Wednesday	2:00 p.m. to 9:00 p.m.
Thursday	2:00 p.m. to 9:00 p.m.
Friday	2:00 p.m. to 9:00 p.m.
Saturday	11:00 a.m. to 3:00 p.m.
Sunday	CLOSED

"Programs & Fees subject to change
without prior notice."

"Spring/Summer programs effective
February 1 - September 1, 2006."



Welcome!

The staff at Golden Hill Recreation Center welcomes you and your family to our facility. We offer a variety of programs to benefit many children and adults. If you wish to use the center as a regular meeting place for your group or have a special event to plan, we can help. We have conference rooms, Gymnasium, lighted ball fields and a community clubhouse for rental use. We offer ping pong, foosball, and various tables games for open play with I.D. checkout.

EQUIPMENT CHECK OUT

Athletic equipment and a variety of board games are available for check out with a valid Identification Card or Recreation Card. Youth can purchase Recreation Card for \$.25 in the office.

REGISTRATION PROCEDURES

All Golden Hill Recreation Center Programs that charge a fee, must be paid to staff inside the office. A registration slip along with payment must be completed before participation. All monies collected must be the exact amount. The office does not give out change. If paying by check, the check is made payable to: Golden Hill Recreation Council. There is a \$20.00 processing fee for any returned checks. No refunds will be issued after the second class meeting. Participant must have their yellow copy registration receipt in order to receive a refund. All programs are run on a monthly basis, there is no pro-rating. Program fees and times are subject to change or cancel at anytime without prior notice.

GOLDEN HILL RECREATION COUNCIL

It has been recognized that in order to serve the community, a citizen's advisory board was made up of concerned public members who volunteer their time to help advise, plan, and promote recreational programs and special events for the community. Meetings are held the second Monday of every other month at 6:30 p.m. in Conference Room #2. Individuals residing in the community or operating a business in the community are encouraged to become active members of this advisory group.

RECYCLE FOR RECREATION

Golden Hill Recreation Center has one recycling bin located at the South end of the Park adjacent to the Community Clubhouse. It accepts aluminum cans, newspaper, glass and plastic. All proceeds benefit Golden Hill Recreation Center Programs. Illegal dumping is prohibited. We would like to thank all the members in the community who have supported our recycle program. The proceeds have been appreciated.

This Flyer is Printed on Recycled Paper

Youth Programs

YOUTH SOCCER

Age Divisions:

10 & Under 12 & Under 14 & Under

Age Cut-off Date: June 11, 2006

Registration Required:

Parent Permission Slip, Official Document Verifying Proof of Age,

Registration Cost: \$5.00 Per player.

Sign Ups begin in March. League begins in April. Games played at Golden Hill Recreation Center. League schedule /Practice times: TBA



FERN STREET CIRCUS

Days: Monday (all levels), Friday (Advanced)

Time: 4:00 p.m.—6:00 p.m. Location: Gym

Ages 6 years and up Cost: FREE!!

Parent Permission Form required.

This program is designed to teach youth circus skills such as juggling, trampoline, tight rope and more. For more information about this program, you can visit their website: www.fernstreetcircus.org



CERAMIC ART CLASS

Day: Wednesday

Time: 5:30 p.m.—7:00 p.m.

Ages: 8—15 years old Cost: FREE!!

(Parent Sign up Form is required) This class explores and teaches the fundamentals including hand building, wheel throwing and glazing. No experience required. We welcome beginning, intermediate & advanced levels. Offered by the Greater Golden Hill Community Development Corp.



PEE WEE SOCCER

Ages: 5-7 years old

Age Cut-off Date: June 11, 2006

Registration Required: Parent Permission Slip, Registration Cost: \$5.00 Per player.

Registration begins in March. League begins in April. Games will be played at Golden Hill Recreation Center. League schedule and practice times/dates: TBA

FREE! SUMMER BASEBALL & SOFTBALL

Age Divisions: Baseball (Boys)

8-10 years, 11-12 years

Age Divisions: Softball (Girls)

10-12 years, 14-16 years

Age Cut-off Date: August 27, 2006

Registration Required:

Parent Permission Slip, Registration Cost: \$5.00 Per player, Official Document Verifying Proof of Age. Sign Ups begin in June. League begins in July. Games will be played at Golden Hill Recreation Center. League schedule and practice times/dates: TBA



GOLDEN HILL BALLET FOLKLORICO

Day: Monday

Time: 5:30 pm—8:30 p.m. Ages: 6 and up..

Where: Golden Hill Community Clubhouse

Students will learn the culture from different regions of Mexico and its strong heritage. They will also be involved in various community outreach services.

For more information, please contact:

Martha (619) 417-8288 or Mona (858) 337-0855.








FREE! LUNCH & SNACK PROGRAM

Dates: June 26th—August 25th

Days: Monday thru Friday

Lunch: 1:00-2:00 p.m.

Snack: 4:00-4:30 p.m.

Ages: 2—18 years old


No Enrollment, No paperwork,

No income qualifications

This is a federally funded

program sponsored by the

SDUSD.



TEEN PROGRAM

Days: Monday through Friday

Time: 3:00 p.m. to 6:00 p.m.

Ages: 12 to 15 years old

Sign ups are required.

Activities will include: Table Games,

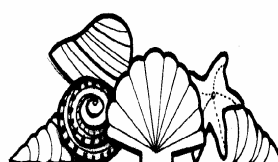
Sports Tournaments, X-Box, Karaoke,

Arts and Crafts, Homework Assistance,

Community Outreach & Vocational Training.

PROGRAM STAFF:

Recreation Leader II: Jose Luis Renteria



Adult Programs



SVAROOPA YOGA

Instructor: Maria Mazzi, RYT

Website: www.blissyogi.freesevers.com

To contact instructor: www.blissyogi@hotmail.com

Classes are offered at the Golden Hill Community Clubhouse located South of the Recreation Center behind the softball field. Ample lighting and parking available behind building along Russ. Blvd. Please wear loose comfortable clothing and bring a yoga mat or heavy blanket for class. Please arrive early, as class starts promptly. (Times/ Class subject to change based on registered participants).

Days/ Times:

Wednesday: 6:00—7:30 p.m.: Yoga for Your Back

Thursday, 12:30 -2:00 p.m.: Gentle Yoga

Saturday: 9:00 a.m.— 10:30 a.m.: Continuing Yoga

Registration: \$52.00 a month, \$65.00 if month is 5 wks. Register at the Golden Hill Recreation Center office prior to class, and take your receipt to the instructor for admittance.



SILVER AGE YOGA FOR SENIORS

Ages: 55 years and over

Day/Time: Tuesday: 1:00—2:00 p.m.

Cost: FREE!

Location: Golden Hill Community Clubhouse

HISPANIC MEXICAN BALLET

Days: Tuesdays & Thursdays

Times: 6:00 - 8:30 p.m.

Fridays: 5:30—7:30 p.m.

This program is dedicated to instilling pride and cultural awareness while education the general public about this culture's contribution to the community. Please see instructor early before class instruction. For more information, please call (619) 265-1125.



VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit

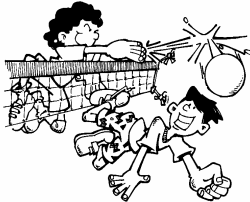
www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer office at (619) 685-1324.

OPEN PLAY VOLLEYBALL

Days/Time:

Mondays: 6: 00 p.m.—8:45 p.m.

Thursdays: 6:00 p.m.—8:45 p.m.



OPEN PLAY FLOOR HOCKEY

Day: Friday

Time: 7:15 p.m.—8:45 p.m.

All players must have facility approved equipment
Before using in gym.
Questions? Ask staff for assistance.



AREITO BORINCANO (Puerto Rican Dance)



Day: Saturday

Time: 11:00 a.m. -1:30 p.m.

Cost: FREE!!

Learn about the music, dance, and culture of Puerto Rico.

OPEN PLAY BASKETBALL GYM SCHEDULE

Monday: 2:00 to 4:00 p.m.

Tuesday: 1:00 to 5:00 p.m.

Wednesday: 2:00 to 6:00 p.m.

Thursday: 2:00 to 6:00 p.m.

Saturday: 11:00 a.m. to 2:45 p.m.

Sunday: Facility Closed

Open Play schedule may change to accommodate youth activities, holidays, special events and rentals. Changes will be posted in advance as soon as possible.



Golden Hill Staff

Area Manager : Debra Jones
Center Director: Mari Jo Ricanor
Park Maintenance: Jose Mendez

Recreation Leaders I

Christina Araujo Bailey Eames
Quentin Ivy Yvette Lopez

Recreation Leader II

Jose Luis Renteria

PARK RULES AND INFORMATION

Dogs must be on a leash at all times.
Please abide by all signs posted.

No Glass Containers allowed in Park
and Ball fields.

All Alcohol is prohibited at Golden Hill
Recreation Facilities and Park
Grounds.

It is unlawful to litter, or to deposit
waste or rubbish of any kind, or
discharge any refuse matter of any
description on park areas in the City of
San Diego. Please use the proper
receptacles for any litter disposal.
Illegal dumping in trash dumpsters is
prohibited!!

Skateboards, scooters, roller blades,
bicycles & dogs are not allowed inside
Golden Hill Recreation Center.
Guide dogs only.

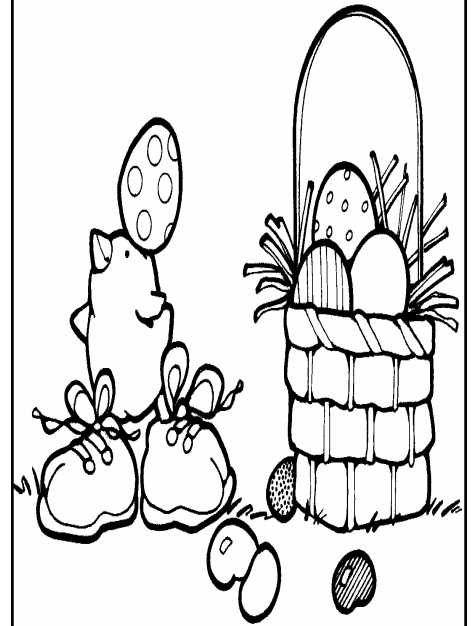
Upcoming Events

Spring Egg Hunt Saturday, April 15, 2006

2—5 year olds: 10:00 a.m.
6—7 year olds: 10:30 a.m.
8—10 year olds: 11:00 a.m.
11-12 year olds: 11:30 a.m.

Please no help from parents.

Bring your baskets to this FREE
Fun- filled event! There will be
arts and crafts, face painting, and an
opportunity drawing.



OFFICIAL CITY BUILDING HOLIDAY CLOSURES

Friday, March 31st

Cesar Chavez Day

Monday, May 29th

Memorial Day

Tuesday, July 4th

Independence Day

Monday, September 4th

Labor Day

DONATIONS: By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPD Division, (619) 685-1310.

